



The Interval

DECEMBER

Central Maine Striders Newsletter

1986



P.O. Box 1177, Waterville, Maine 04901

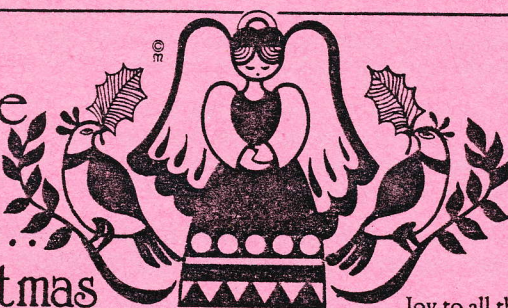
Club #480

President: Jerry Saint Amand (873-6753)
Captains: Ron Paquette (437-9237)
Donnajeane Pohlman " "

Secretary: Kathy Dall (968-2915)
Race Committee: Claudia Takacs (437-2069)
Paul Dall (873-3225)



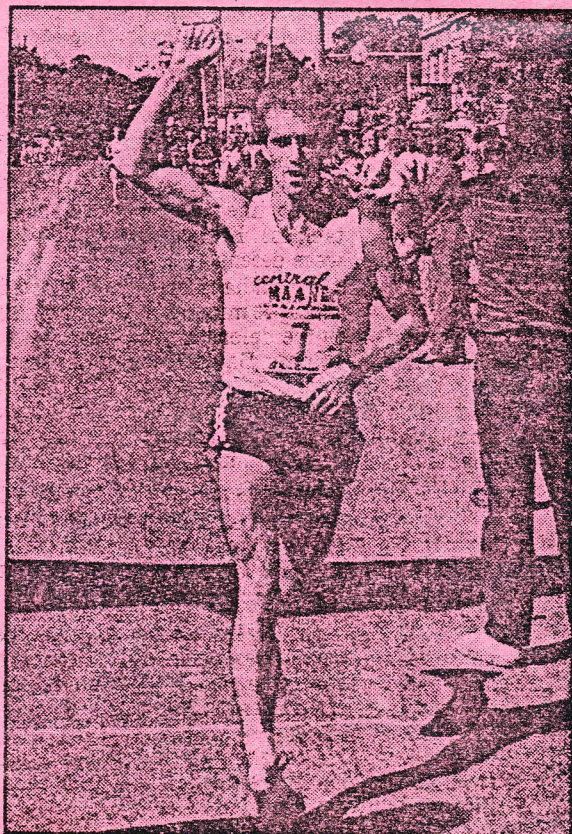
Peace
Hope
Love...
Christmas



Joy to all this holiday.



Gerry Clapper wins Ben's 10K



GERRY CLAPPER (left) and Martha White were the respective men's and women's winners in the Bud Light-Shaw's-Benjamin's 10K Road Race in Bangor Sunday afternoon. Clapper, who edged out

Stan Bickford, finished with a time of 29 minutes, 45.7 seconds. White easily outdistanced a strong field of Maine runners and recorded a 35:45.4. (NEWS Photos by Carroll Hall)